

# Living Well with Diabetes

Referral to Diabetes Self-Management Education improves patient health and lowers costs

## What is Diabetes Self-Management Education (DSME) or Training (DSMT)?

- Empowers people with diabetes by providing the knowledge and skills to effectively manage diabetes
- Teaches training on healthy eating, being active, monitoring, medication, coping, and problem solving
- Collaborative process with a team of diabetes educators using patient-centered coaching
  - Includes nurses, dietitians, and pharmacists among others
- Open to anyone with diabetes (even before they require medication or insulin) to prevent progression
- Programs certified nationally by ADA or AADE are eligible for reimbursement with provider referral
- Covered by Medicare Part B for **10 hours** of initial DSME/T training, plus 2 hours annual refresher
  - With **additional** 3 hours Medical Nutrition Therapy (MNT), combined **13 hours** diabetes education benefit
- According to AADE, only 1.5% of Medicare beneficiaries have used their DSMT benefit
- Benefit provided by many commercial insurers or state insurance plans

## DSME/T improves health measures and quality improvement goals

- Results in sustained improvement in blood glucose and A1C levels (Norris, Deakin)
- Reduces body weight and systolic blood pressure leading to reduced need for medication
- Improves patient compliance with medication as prescribed

## DSME/T saves money and decreases healthcare utilization

- Increases practice efficiency by assuming time-consuming patient training and counseling
- Reduces costs by 5.7%-14% per patient; average \$816-\$2,064 cost savings annually (Boren, Duncan)
- Saves up to nearly \$9 for every \$1 spent (Klonoff)
- Lowers number of hospitalizations, length of hospital stays, and inpatient costs (Robbins)

## Who provides DSME/T in your area?

- See the [ADA's DiabetesPro<sup>sm</sup> site](#) or the [AADE's "Find a Diabetes Educator" webpage](#) for a list of programs in your zip code or state

**Refer your patients with diabetes to an accredited DSME/T program today  
to start them on the road to better health**

To learn more, visit:

[www.adph.org/diabetes](http://www.adph.org/diabetes)

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

[www.cdc.gov/diabetes/ndep/index.htm](http://www.cdc.gov/diabetes/ndep/index.htm)

[www.ndep.nih.gov](http://www.ndep.nih.gov)

[www.diabetes.org](http://www.diabetes.org)

[www.diabeteseducator.org/DiabetesEducation/Provider\\_Web\\_Pages](http://www.diabeteseducator.org/DiabetesEducation/Provider_Web_Pages)

## References

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